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ABSTRACT

The Leisure and Recreation Behavior Checklist (LRBC) is an open-ended checklist for recording behaviors of mentally handicapped adults. Its function is to profile individuals' leisure or recreation activities for program, administration, and research purposes. Intended for use by care-givers, the measure stresses recording of observed behaviors and not interpretations of behavior. Distinctions are drawn among leisure, leisure-education, and recreation behavior. The checklist is arranged in categories of behaviors such as Participant Activities, Crafts and Hobbies, etc. These are further subdivided into types of activities with each type consisting of specific activities (such as bowling and curling under Precision Sports). Client preferences may also be recorded. Instructions and a sample checklist are included. (DB)

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Leisure and Recreation Behavior Checklist[1]

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Leisure and Recreation Behavior Checklist (LRBC)

The LRBC is an open-ended checklist for leisure or recreation behavior of mentally handicapped adults. Its function is to profile individuals' leisure or recreation activities for program, administration and research purposes.

Checklists of this sort may use either responses from a person whose behavior is being assessed or observations of a care giver. Experience has shown that responses from mentally handicapped persons may not be valid, and typically are not reliable. Validity is in question because the mentally handicapped adult may not know what is being asked, and reliability is in question because responses are often strongly context dependent. For these reasons this checklist is targeted for care givers of mentally handicapped adults.

Research in the area of infant testing has shown that responses of care givers are valid and reliable as long as care givers are asked to report on observed behavior rather than on interpretations of behavior. In order to ensure reliability of responses, care givers using the LRBC will be asked to report observed leisure or recreation behavior.

We encourage users of this checklist to distinguish between leisure, leisure-education or recreation behavior. A leisure activity may be defined as a socially appropriate activity that is performed willingly and for its own sake, is self-initiated, and is enjoyed. Leisure-education activities are usually viewed as part of a training curriculum and have the potential to become a leisure activity. A recreation activity may be defined as a socially appropriate activity that is performed for the benefit the activity brings, promises to bring, or is assumed to bring. That is, it is done for its utility not for its own sake.

Further, to ensure that the item-domain on the checklist is comprehensive

and that items are relevant, the items of this checklist were obtained from care givers of mentally handicapped adults living in community settings. Care givers were asked for current leisure and recreation activities of their clients. The responses were collated and organized into this checklist. This list of items should be viewed as an initial list to be tailored to the requirements of an agency. Items that are infrequently checked may be deleted and other items added. The checklist is intentionally open-ended to allow for the inclusion of new items.

The checklist is arranged in categories of behaviors (activities) such as Participant Activities, Crafts and Hobbies, etc. These are further subdivided into types of activities. For example, Participant Activities are divided into Precision Sports, Indoors Aquatic Sports, etc. Each of these types of activities consist of items. Thus, under Precision Sports appear such items as bowling, curling, etc. In some cases, the items themselves may be construed as rather large categories of heterogenous activities. When this is the case, further details of the activity are requested. For example, 'playing card games' is an item under Games. However, rather than checking off 'playing card games' as a behavioral item, the name of the card game is requested. The purpose of this categorization, however, is simply to provide guidelines for activities and to help identify areas in which an activity may be included.

In addition to checking off behavioral items the user may rate activities within each category in terms of client preference. These ratings, if used, will provide additional information about the leisure or recreation behavior of individuals and may be used for a variety of purposes such as programming, or program evaluation.

QUALIFICATIONS

To qualify for filling out the LRBC, we recommend that the user be a direct service provider , and to have known the person for whom the LRBC is being done (individual), for at least three months. The person knowing the individual best is considered the most qualified. The user may consult with other direct service providers regarding activities of the individual but must have assurance that the indicated activity has actually been observed to have been done by the individual. Individuals should not be asked with respect to their leisure or recreation activities. All information provided must be based on actual observations and these observations must be based on behavior that occured within one year.

INSTRUCTIONS

1. Carefully read all instructions.

2. Collect necessary information regarding the individuals leisure or recreational activities through observation.

3. Find the appropriate space for each activity observed (or fill in the activity in the spaces provided under the appropriate category if a listing is not found) and make a check mark for each activity.

4. When all the leisure or recreation activities have been entered, rate the activities from 1 through 4 in terms of the individual's preference (1= strongly preferred, 2= preferred, 3= not preferred, 4= disliked).

LEISURE AND RECREATION BEHAVIOR CHECKLIST (LRBC)

Date _____

Respondee's Name _____

Respondee's Position _____

Name of Program Unit _____

Individual's Name (or File Number) _____

CHECK (✓)	RATE 1-4	LIST OF ACTIVITIES
		Participant Activities
		Precision sports:
		Bowling
		Curling
		Playing pool
		Other Precision sports _____
		_____
		Indoors aquatic sports:
		Swimming
		Diving
		Other indoor aquatic sports _____
		_____
		Movement sports:
		Bicycling
		Canoeing
		Skating
		Skiing
		Other locomotion sports _____
		_____
		Outdoors activities:
		Hiking
		Going camping
		Barbequing
		Fishing
		Hunting
		Orienteering
		Horse-back riding
		Other outdoor activities _____
		_____
		Outdoors water sports:
		Water skiing
		Rowing
		Other outdoor water sports _____
		_____

Rating Scale: 1=Strongly preferred, 2=Preferred, 3=Not Preferred, 4=Disliked

CHECK (✓)	RATE 1-4	LIST OF ACTIVITIES
		Participant Activities Cont.
		Competitive games:
		Football
		Gymnastics
		Hockey
		Volleyball
		Basketball
		Other competitive games _____
		_____
		Racquet games:
		Playing table tennis
		Tennis
		Other racquet games _____
		_____
		Combative sports:
		Judo
		Wrestling
		Other combative sports
		Spectator Activities
		Watching T.V
		Going out to movies
		Going on shopping trips
		Going to musical events
		Going to sporting events
		Listening to music
		Visiting places of interest
		Going on sight-seeing tours
		Going to the theatre (plays, drama, etc.)
		Visiting amusement parks
		Relaxing at home
		Art, Music, Drama
		Playing musical instruments:
		Name instrument(s) _____
		_____
		Art activities:
		Writing
		Reading
		Drawing
		Painting
		Coloring
		Other art activities _____
		_____

Rating Scale: 1=Strongly preferred, 2=Preferred, 3=Not preferred, 4=Disliked.

CHECK (✓)	RATE 1-4	LIST OF ACTIVITIES
		Art, Music, Drama Cont.
		Verbal expressions:
		Singing
		Public speaking
		Drama
		Other verbal expressions _____
		_____
		Crafts and Hobbies
		Product-oriented crafts:
		Pottery
		Weaving
		Other product-oriented crafts _____
		_____
		Technical activities:
		Photography
		Recording sounds
		Other technical activities _____
		_____
		Domestic activities:
		Cooking
		Baking
		Caring for domestic animals
		Caring for house plants
		Gardening
		Other domestic activities _____
		_____
		Self-care activities:
		Fitness
		Body building
		Other self-care activities _____
		_____
		Needle crafts:
		Sewing
		Crocheting
		Other needle crafts _____
		_____
		Constructing models:
		Constucting model cars
		Constructing model ships
		Constructing other models _____
		_____

Rating Scale: 1=Strongly preferred, 2=Preferred, 3=Not preferred, 4=Disliked.

CHECK (✓)	RATE 1-4	LIST OF ACTIVITIES
		Games
		Chance games:
		Playing bingo
		playing lottery
		Other chance games _____
		_____
		Playing card games:
		Name game(s) _____
		_____
		Playing board games:
		Name game(s) _____
		_____
		Communication games:
		Name game(s) _____
		_____
		Classifying objects:
		Name object(s) _____
		_____
		Playing with models:
		Playing with electric trains
		Playing with model planes
		Playing with model cars
		Playing with other models _____
		_____
		Playing video games
		Language games:
		Yahtze
		Scrabble
		Pass-word
		Other language games _____
		_____
		Social Activities
		Going to social events that involve food or beverage:
		Name social(s) _____
		_____

Rating Scale: 1=Strongly preferred, 2=Preferred, 3=Not preferred, 4=Disliked.

CHECK (✓)	RATE 1-4	LIST OF ACTIVITIES
		Social Activities Cont.
		Hosting social events:
		Name social event(s) _____
		_____
		Visiting (family/friends)
		Holding conversations
		Telephoning (family/friends)
		Participating in hobby clubs:
		Name club(s) _____
		_____
		Participating in religious events:
		Name event(s) _____
		_____
		Dancing
		Charades
		Other similar social activities _____
		_____

Rating Scale: 1=Strongly preferred, 2=Preferred, 3=Not preferred, 4=Disliked.